



# 10. Giving oral rehydration solution (ORS)

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## Overview

Oral rehydration solution (ORS) is the first step in managing people who are suffering from diarrhoea and dehydration.

If a person has no signs of dehydration or signs of mild dehydration (see Action tool [Assessment of dehydration](#)), they can be treated at home.

\*\* Caution is required towards people who show signs of malnutrition. A child or adult with a red or yellow mid upper arm circumference (MUAC) measurement should be referred immediately to a health facility for treatment or prevention of dehydration. \*\* (see Action Tools, [Measuring acute malnutrition in emergencies](#) and [Measuring mid upper arm circumference](#) for further information on MUAC and on malnutrition).

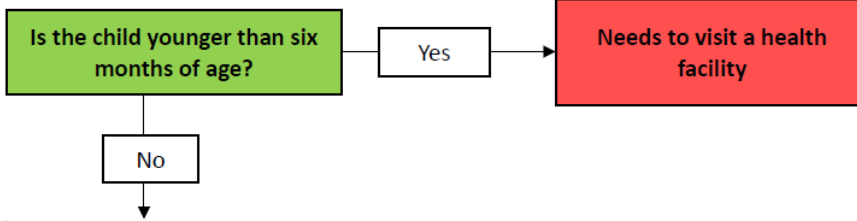
## What do to and how to do it

### *How to give ORS*

It is important to teach mothers and caregivers to administer ORS to children correctly, to help the child get better and prevent the epidemic from spreading.

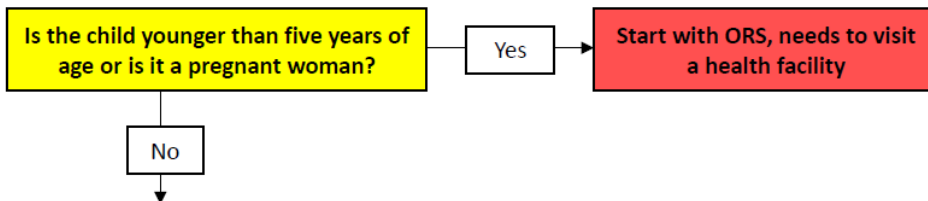
First, use the Action Tool *Assessing dehydration* to decide whether to opt for action Plan A, Plan B, or referral to a health facility. Based on the assessment of dehydration, follow either Plan A or B as detailed below:

### Plan A



Plan A			
Age	Amount of ORS after each loose stool	How much ORS per day	How much zinc
Aged 6 months to 2 years	50-100 ml (1/2 cup)	500 ml per day	1 tbl per day for 10 days
Aged 2 years to 5 years	100-200 ml (1 cup)	1000 ml per day	1 tbl per day for 10 days
Aged 5 years to 14 years	200 ml (1 cup)	1000 ml per day	No zinc
15 years and older	As much as wanted (minimum 1 cup)	2000 ml per day	No zinc

### Plan B



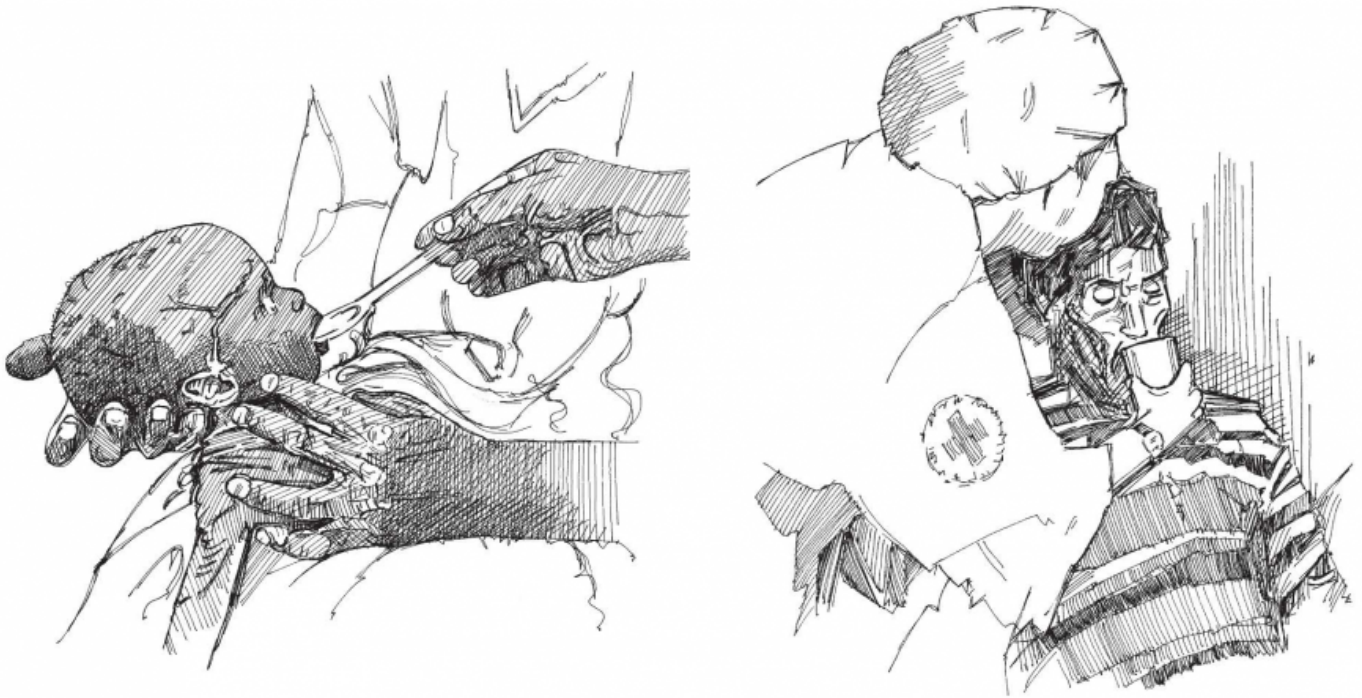
Plan B			
Age	Amount of ORS after each loose stool	ORS to drink in the first 4 hours	ORS to drink daily after the first 4 hours
Aged 6 months to 2 years	50-100 ml (1/2 cup)	500 ml	500 ml
Aged 2 years to 5 years	100-200 ml (1 cup)	1000 ml	1000 ml
Aged 5 years to 14 years	200 ml (1 cup)	1000 ml – 2000 ml	1000 ml
15 years and older	As much as wanted (minimum 1 cup)	2000 – 4000 ml	2000 ml

#### Advise people and caregivers on the following:

- Mothers should continue breastfeeding
- ORS should be given regularly in small amounts (small spoons for children under two years of age and sips

from a cup for older people)

- If the person vomits, wait 10 minutes and then continue to give ORS but more slowly.
- If vomiting continuous consult health facility
- Advise the person to come back to collect more ORS if diarrhoea continues and no ORS is left
- 50 ml = ¼ cup, 100 ml = ½ cup, 200 ml = 1 cup



**Giving ORS to a child and to an adult**

## Community messages



01. Preparing and giving oral rehydration solution (ORS)